

SEABEE COURIER

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NMCB 11 celebrates Asian Pacific Heritage Month in Afghanistan

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 celebrated Asian Pacific American Heritage Month with food, cultural videos, and static displays, May 26, while deployed to Afghanistan.

The battalion's Diversity Committee hosted the celebration on Camp Krutke, Camp Leatherneck for a few afternoon hours. Those that were able to attend were treated to fried lumpia, videos of cultural dance from different countries in Asia, and displays containing notable Asian Pacific Americans as well as historic, cultural, geographic, economic, and demographic information.

This year, the theme for Asian Pacific American Heritage Month is "Striving for Excellence in Leadership, Diversity, and Inclusion." It puts focus on increasing appreciation and understanding of the contributions of Asian and Pacific Americans to our nation.

The Navy promotes diversity throughout its ranks, including top leadership. Currently there are nine Admirals, 11 members of the senior executive service, and 191 master chief petty officers of Asian and Pacific American heritage leading the Navy.

NMCB-11's Diversity Committee is made up of volunteer members who actively promote the Navy's commitment to diversity through celebrations, observances, and other planned events.

NCBC commemorates 70th Anniversary of historic World War II Battle of Midway



Capt. Rick Burgess, commanding officer, Naval Construction Battalion Center (NCBC) Gulfport and commander, 20th Seabee Readiness Group, and retired Chief Gunner's Mate Hugh Wingo place a wreath during NCBC Gulfport's Battle of Midway Commemoration Ceremony held in the Base Training Hall, June 5. Wingo, guest speaker for the ceremony, was stationed at Pearl Harbor during World War II, and assigned to USS Benham (DD 397) serving during the Doolittle Tokyo raid and the Battle of Midway. The Battle of Midway was the turning point in the Pacific War and set the stage for the United States to win the World War II. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

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Skipper's Log

Never slowing down

By Capt. Rick Burgess
 CO/CBC/CMDR 20TH SRG

If there is one thing I have learned about the Naval Construction Battalion Center is that it never slows down nor do its people; you continually amaze me.

Friday, we had a great and productive visit from Ms. Jill Loftus, SES, Director, Sexual Assault Prevention and Response Office from the Secretary of the Navy's Office. She met with Victim Advocates and FFSC staff, gaining insight into how our local program operates. Her visit reinforced our push to eradicate Sexual Assault from our ranks.

We applaud three of Gulfport's new Master Chiefs, CUCM(SCW) Todd Poage, and NCCM(SCW/SW) Jake Brady, who were frocked Friday morning at the gym and CSCM(SCW) Rod Frierson who was frocked Monday morning at the Colmer Dining Facility. Congratulations to them and all our other new Master Chiefs! (and farewell to Master Chief Brady as he heads to USS Ronald Reagan (CVN-76), on the west coast). We also promoted Lieutenants Nick Dieckman and Canon Pattillo – well done, all!

Bravo Zulu to all the petty officer selectees who completed their leadership training last week. And, a huge "Well done, Shipmate!" to CMDCM



(SCW/EXW/SW) Robert Graves on the occasion of his retirement after 27 years of service; fair winds and following seas, Master Chief!

Thanks to all who helped support the USS Mississippi commissioning ceremony! It was a grand occasion. We wish Capt. John McGrath and his crew well as they join the fleet!

And finally, yesterday we had the opportunity to commemorate the Battle of Midway. Retired Chief Gunner's Mate Hugh Wingo, from the Armed Forces Retirement Home, who was on board the USS Benham during the Battle of Midway, spoke to us about his time during this historic period. We laid a wreath in honor of all those who were lost during the war.

It has been a whirlwind week, but I am starting to realize, they all are at NCBC. Keep up the great work!

Sailor's Creed

I am a United States Sailor. I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me. I represent the fighting spirit of the Navy and those who have gone

before me to defend freedom and democracy around the world. I proudly serve my country's Navy combat team with Honor, Courage and Commitment. I am committed to excellence and the fair treatment of all.

Recently at the Courthouse

Courts-martial in Navy Region Southeast (CNRSE) recently heard the following cases:

At a contested General Court-Martial convened on board NAS Pensacola, a Seaman Apprentice was found guilty of two specifications of wrongful sexual contact. The members of the court-martial sentenced the Accused to confinement for one year.

At a contested General Court-Martial convened on board NAS Jacksonville, a Seaman was acquitted of two specifications of wrongful sexual contact.

At a contested Special Court-Martial convened on board NAS Pensacola, a Seaman was found guilty of attempting to access with intent to view Internet web sites containing images of child pornography. The members of the court-martial sentenced the Accused to reduction in rate to E-1 and a Bad Conduct Discharge.

At a Special Court-Martial convened on board NAS Jacksonville, a Petty Officer Third Class pled guilty to wrongfully selling military property, wrongfully appropriating military prop-

erty of a value of more than \$500, stealing \$102.90 from a private company, stealing game consoles, shoes, and clothing from the Navy Exchange, and conduct prejudicial to good order and discipline. The Military Judge sentenced the Accused to seven months confinement, reduction in rate to E-1, and a Bad Conduct Discharge.

At a Special Court-Martial convened on board NS Mayport, a Petty Officer Second Class pled guilty to conspiracy to commit larceny of military property, violation of a lawful general order, and larceny of military property of a value of \$500.00 or less. The Military Judge sentenced the Accused to 100 days confinement, reduction in rank to E-1, and a Bad Conduct Discharge.

Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.

See Something Wrong Do Something Right!

NCIS has two new anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.

To report information by Cell text:

1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone.
2. Receive a response, for example: "Your alias is: S2U5 Call 911 if urgent! If replies put you at risk, text "STOP"
3. Begin dialogue

To report information Online:

1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline."

There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



Fraud, Waste and Abuse Hotline:

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851 Comm: 904-542-4979 DSN 942-4979 FAX: 904- 542-5587, E-mail: CNRSE_HOTLINE@navy.mil.

Buzz on the Street



By CECN Lucinda Moise
NCBC Public Affairs

What are your plans for the summer?



"I am going camping every chance I get."
EO3 (SCW) Christie Morrison
NMCB 133
Hometown: Fort Worth, Texas



"Spend time with my husband and kids, by taking trips on my off weekends."
Tina Dowdy
Navy Exchange
Hometown: Dallas, Texas



"Relaxing all summer until deployment and taking a vacation to Panama City, Fla."
EO3 Keith Hauter
NMCB 1
Hometown: Litchfield, Ill.

Around the Center



Ms. Jill Loftus, SES, Director, Sexual Assault Prevention and Response (SAPR) Office, Office of the Secretary of the Navy, and Assistant Robert Jackson, discuss the effectiveness of the SAPR program with victim advocates attached to Naval Construction Battalion Center (NCBC), Stennis Space Center and Keesler Air Force Base June 1 at the Fleet and Family Support Center on board NCBC. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)

Logistics Specialist Seaman Mario Doratt, assigned to 20th Seabee Readiness Group, R4, prepares Type III initial issue uniform orders at the Supply Office on board Naval Construction Battalion Center (NCBC) Gulfport, June 4. Initial issue uniform orders are for newly reporting personnel and/or those with uniform discrepancies. The office is located at building 225, and hours of operation are: Monday-Friday, 9-11 a.m., and noon-3 p.m. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Captain Rick Burgess, commanding officer Naval Construction Battalion Center (NCBC), commander 20th Seabee Readiness Group (SRG), presents Utilitiesman 3rd Class (Sel) Leslie Anderson of Naval Mobile Construction Battalion (NMCB) 74 with a certificate of completion at the conclusion of Petty Officer Indoctrination. POI completion is a requirement before an E-3 can be advanced to E-4. The course teaches Sailors about the additional personal and professional obligations and requirements demanded of them as U.S. Navy Petty Officers. (U.S. Navy photo/Released)

Seabees learn new fitness techniques through Parkour

By MCC (SCW) Ryan G. Wilber and CECN Lucinda L. Moise
NCBC Public Affairs

Instructors from Urban Evolution Parkour and Free Running Gym in Alexandria, Va. traveled to Gulfport to teach Seabees and Sailors attached to Naval Construction Battalion Center (NCBC) Parkour during a 4-day seminar held at the NCBC Fitness Center, May 29 - June 1.

According to the American Parkour website (americanparkour.com), Parkour is the physical discipline of training to overcome any obstacle within one's path by adapting one's movements to the environment, requiring consistent, disciplined training with an emphasis on functional strength, physical conditioning, balance, creativity and looking beyond the traditional use of objects.

Parkour movements, which typically include running, jumping, vaulting, climbing, balancing and quadrupedal movement; focus on safety, longevity, personal responsibility and self-improvement; and discourage reckless behavior, showing off

and dangerous stunts. Its practitioners value community, humility, positive collaboration, sharing of knowledge and the importance of play in human life, while demonstrating respect for all people, places and spaces.

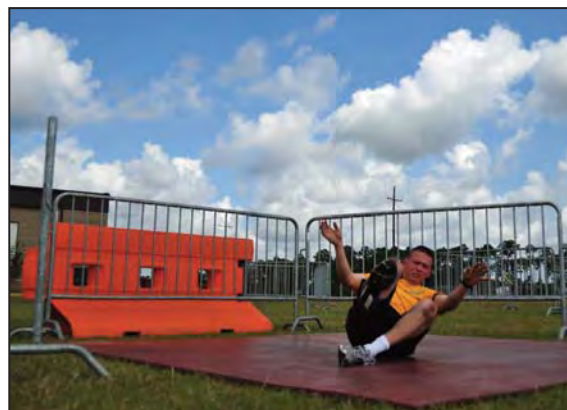
Sean Hannah, one of the Urban Evolution Parkour instructors, said his intent for the seminar was to get military members to think about incorporating obstacle coursing into their physical training regimens in order to make their training apply to all the things that a military member needs to do, as opposed to a pure conditioning aspect; conditioning moves that would prepare them for real world moves, like scaling a wall.

"We are trying to impart an idea, and the idea is that physical training should be fun, but it should also be functional, something beyond a linear movement," said Hannah. "Being able to do a lot of push-ups is great, but there are very few situations where you would actually need to do a push-up to get in or out of a situation to move from one

place to another, so we work techniques that are more applicable to actual movements, actual skills that you are going to see and do."

Command Fitness Leaders assigned to Naval Construction Training Center (NCTC) Gulfport coordinated the seminar. Cmdr. Bill Whitmire, NCTC commanding officer said he was looking for new, more functional-type physical training for his Seabees due to the fact that the majority of his command's injuries are sports related.

"After a number of PT (physical training) related injuries it became clear that the way we train is very linear, and when we got into non-linear-type activities, things like Zumba class, softball or ultimate Frisbee, which is where about 68 percent of our injuries at NCTC are coming from, sports related-type injuries, is that our training really isn't building coordination and agility into our fitness set, so we started looking around for types of training that would add that element into our training programs," said Whitmire.



A student practices a rolling technique during a 4-day Parkour seminar held on board Naval Construction Battalion Center (NCBC) May 29 - June 1. Parkour movements, which typically include running, jumping, vaulting, climbing, balancing, and quadrupedal movement; focus on safety, longevity, personal responsibility and self-improvement. To learn more about Parkour, visit the Urban Evolution website at: www.urbanevo.com. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Navy Command Fitness Leader (CFL) Program Manager Lt. Cmdr. David Peterson and Lisa Domengeaux, a fitness specialist and CFL seminar manager, both from the Office of the Chief of Naval Operations (OpNav), N135, were on board NCBC to participate in the seminar. Peterson said he was interested in Parkour ideas or techniques that are more functional or operationally relevant to the way that [CFLs] train and physically condition Sailors.

"As a member of the Navy's Physical Readiness Program Office, we are constantly looking for new exercises and training recommendations that are safe, functional in nature and/or operationally relevant to introduce to our Command Fitness Leaders. Several of the basic strength and conditioning exercises used in Parkour could easily and safely be adapted to most command PT and/or FEP (fitness enhancement program) sessions," said Peterson.

Parkour training emphasizes the importance of full-body warm-up exercises and the strengthening of feet, ankles, wrists and shoulders, areas that

can be missed during traditional strength training. Domengeaux said some of these aspects could be considered for introduction into OpNav's 5-day certification course or the 2-day CFL seminar that is given annually in fleet concentration areas.

All the participants said they enjoyed themselves, and many plan to incorporate aspects of Parkour into their personal physical training.

"I think [Parkour] is awesome, because it pushes you past the limits that you think you can do, and makes you think outside the box. It's definitely something you can use in an everyday situation. If you're in combat, if you have to get over something or if you have to rescue someone it will help you in a lot of those situations," said Builder Constructionman Recruit Jenelle Jones, a student assigned to NCTC.

For those interested, Hannah offered one bit of advice.

"Don't be afraid to try anything, but start somewhere soft," said Hannah.

If you would like to learn more about Parkour, you can visit Urban Evolution's website at: www.urbanevo.com.



Instructors from Urban Evolution Parkour and Free Running Gym in Alexandria, Va. traveled to Gulfport, Miss. to teach Seabees and Sailors attached to Naval Construction Battalion Center (NCBC) Gulfport Parkour during a 4-day seminar held at the NCBC Fitness Center, May 29-June 1. Parkour is the physical discipline of training to overcome any obstacle within one's path by adapting one's movements to the environment, requiring consistent, disciplined training with an emphasis on functional strength, physical conditioning, balance, creativity and looking beyond the traditional use of objects. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)



Sailors assigned to the Virginia-class attack submarine USS Mississippi (SSN 782) man the ship during the commissioning ceremony for the Navy's ninth Virginia-class attack submarine. (U.S. Navy photo by Mass Communication Specialist 1st Class Peter D. Lawlor/Released)

USS Mississippi commissioned in Pascagoula

By Naval Sea Systems Command

The Navy commissioned USS Mississippi (SSN 782), the ninth Virginia-class attack submarine, during a ceremony in Pascagoula, Miss., June 2. Mississippi, built under a unique teaming agreement between General Dynamics Electric Boat and Huntington Ingalls Industries - Newport News, delivered to the Navy in just over 62 months - the fastest delivery yet for a Virginia class submarine. All Virginia class submarines currently under construction are on track to deliver early to the Navy.

"Mississippi's commissioning is the culmination of a very successful construction process for our Navy/industry shipbuilding team," said Rear Adm. (sel.) Michael Jabaley, Virginia-class program manager and vice commander, Naval Sea Systems Command. "Mississippi was delivered to the fleet a year ahead of her contracted date, and was the most combat ready Virginia class submarine to date as determined by the Navy's Board of Inspection and Survey."

In time-honored tradition, the ship's sponsor Allison Stiller, deputy assistant secretary of the Navy (ships), issued the order to, "Man our ship and bring her to life!" With the order, Mississippi's crew ran aboard and placed the submarine in commission.

"The Submarine Force and the fleet have eagerly anticipated this day," said Rear Adm. David Johnson, program executive officer for submarines. "USS Mississippi provides the Navy with unique and unparalleled capabilities and joins the fleet at a time when submarines are being called upon to perform vital national security tasking around the globe."

Other upcoming major submarine acquisition milestones in 2012 include Pre-Commissioning Unit (PCU) Indiana's (SSN 789) construction start Sept. 2 and PCU Minnesota's (SSN 783) christening planned for this fall.

Virginia-class submarines are designed to dominate the world's littoral and deep waters, while conducting anti-submarine; anti-surface ship; strike; special operation forces; intelligence, surveillance, and reconnaissance; irregular warfare; and mine warfare missions. Their inherent stealth, endurance, firepower, and sensor suite directly enable them to support five of the six maritime strategy core capabilities - sea control, power projection, forward presence, maritime security, and deterrence.

NMCB 74 Seabee takes part in historic reenlistment aboard USS Mississippi



PASCAGOULA, Miss - Lt.j.g. Hanmon Chun (right) administers the oath of enlistment to Equipment Operator 2nd Class Ginny McCargish in the torpedo room of the Virginia-class attack submarine Pre-Commissioning Unit (PCU) Mississippi (SSN 782) May 31. McCargish, a native of Astoria, Oregon, assigned to Naval Mobile Construction Battalion (NMCB) 74, reenlisted for four years becoming first female and non-crewmember to reenlist aboard the USS Mississippi, while it was docked in Pascagoula, Miss., awaiting commissioning June 2. The (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Lindsey/Released)

Underwater Construction Team (UCT) ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.



Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT/CCC Diver recruiting team @ (757) 462-3988/4313 or email YNC Aberle at christopher.aberle1@navy.mil, SW1 Dohse at ryan.dohse@navy.mil or visit www.facebook.com/seabee.diver for more information.

NMCB 133 Bridge Detail closes gap with Field Training, Certification

By Lt.j.g. Alberto Crespo

NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133's Bridge Detail constructed a Mabey Johnson bridge during their field exercise May 14 - 25.

The Bridge Detail, which consists of fifty-five personnel, was tasked with assembling a prefabricated truss Mabey Johnson Bridge while integrating military tactics into their construction process with simulated combat scenarios. This exercise allows Seabees to apply their formal training to field condition bridging operations.

"This evolution is a great opportunity to practice our bridging skills," said Steel Worker First Class Joshua Baker, the detail's bridge master. I think this training is very important due to the current bridging operations on similar type bridges in [the Central Command area of op-



CAMP SHELBY, Miss - Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 Bridge Detail construct a Mabey Johnson Bridge at Camp Shelby during the battalion's Field Training Exercise. This exercise allows Seabees to apply their formal training to field condition bridging operations. (U.S. Navy photo by Lt. j.g. Alberto Crespo/Released)

erations]."

After months of training, planning and preparations, the detail conducted an operation to enter an area, establish security and assemble the bridge.

This project was completed in two and a half days by a motivated crew of 15 Seabees, while an additional 40 provided security and support to allow the bridge crew to construct this bridge.

Lt. Nathan Chenarak, Bridge Detail Officer in Charge said the bridge was a success.

"It was constructed ahead of schedule and without any safety mishaps," Chenarak said. "Bravo Zulu to all members of Bridge Detail."

The experience gained from this training exercise will prepare the detail for their upcoming deployment and certifies their ability to execute this type of mission tasking.

NMCB 11 holds ceremony honoring the 70th anniversary of the Battle of Midway



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 bow their heads during a prayer by Chaplain Brian E. Myers in honor of those Sailors who fought in the Battle of Midway which took place, June 4-7, 1942. The battle is regarded as a critical turning point in the Pacific during World War II. NMCB-11 is deployed to Afghanistan to conduct general, mobility, survivability engineering operations, defensive operations, Afghan National Army partnering and detachment of units in combined/joint operations area - Afghanistan in order to enable the neutralization of the insurgency and support improved governance and stability operations. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

Hurricane season is here

Do you know what you and your family will do if a hurricane is headed toward the Gulf Coast? — Visit Emergency Management at https://www.cnic.navy.mil/Gulfport/Service_Organizations/EmergencyManagement/index.htm to help you answer the question. Do you know how to get info about current tropical cyclone conditions and base actions? There are several avenues to get accurate info quickly including the Base Website at www.cnic.navy.mil/gulfport, Facebook (sign up for SMS alerts) at <http://www.facebook.com/pages/Gulfport-MS/Naval-Construction-Battalion-Center-Gulfport/161404016711?ref=mf>, Twitter at <http://twitter.com/SeabeeCenter>, Base Marquees, AtHoc (CAC card holders only), and 228-871-4777.

On the move . . . Tips for Summer Travel

Vacation Planning: Involve the whole family

From Military OneSource

The family vacation provides a great opportunity to relax, spend quality time with your children, and have some fun.

Good planning is key to a family vacation that relieves stress rather than causes it, according to The American Academy of Child and Adolescent Psychiatry. A few tips for planning a successful family vacation are:

Involve the whole family, especially teens

Incorporating the interests and opinions of all family members will ensure that you create a family trip that appeals to everyone. Present a few options and invite the children to participate in the decision-making process. Being involved will foster a sense of responsibility for the success of the trip and will help them to feel vested in the choices made. Moreover, a child will learn important communication and decision-making skills. In today's schools, these skills are increasingly being assessed, according to T.R. Guskey, a well-known educator and researcher.

Add some education

Part of the value of the family vacation is that it allows a child to see and experience new things. Researching the trip can be fun when everyone participates. Older children and teens can search the Internet and go to the library and bookstores to research the destinations. Your child will also learn educational skills:



gaining knowledge about geography and learning how to read roadmaps and guidebooks.

Before the trip, give children a blank travel journal and encourage them to document the trip from the planning process to the return home. Give children their own disposable camera so that she can take photos during the trip to share with friends and classmates upon return.

Leave some pocket money

You may feel pressure to plan an elaborate vacation, especially if your child has friends whose families have taken expensive trips. If you spend all of your vacation money on transportation and lodging, you may find yourself with little spending money left over. Having to pinch pennies on vacation will only cause you stress. Choose a destination that is easily within your budget, leaving plenty of pocket money for those extra goodies that make a vacation a vacation. Some families like to

give children their own budgets for pocket money. By involving the child in part of the budget-planning process, he learns valuable skills: how to make a budget and how to stay within one.

Let children help with the details

Preparing to leave home for even a week can cause anxiety for parents and children.

Knowing that the day-to-day details are being looked after helps lessen these fears. Take your child to the post office when you ask to have your mail held. Bring him with you to the neighbor when you leave a key to water the plants. Have her go to the kennel with you to make arrangements for the family pet. Some children feel more at ease when they know that things are being taken care of while they are away.

Do not over schedule

Fight the urge to pack as much as possible into every day. While taking in all the sights may seem like the best way to get the most out of your vacation, it will likely leave everyone feeling drained and cranky. Choose a few activities and attractions that you do not want to miss. Allow time for relaxing, going for dips in the pool or taking a leisurely walk.

When those stressful moments do arise, remind yourself that as long as you spend relaxed, quality time with your family, the vacation will have been a success.

Cmdr. Schmitz to head Med Home element at NBHC Gulfport

By Rod Duren

Public Affairs Officer
Naval Hospital Pensacola

Navy Lieutenant Commander John P. Zalar, who served as a prior enlisted man with Air Force security, is the new Officer in Charge (OIC) of Naval Branch Health Clinic (NBHC) Corry Station following a change of charge ceremony May 24.

The Navy Nurse takes the helm from Commander Fredrik Schmitz who has served as OIC of the Naval Hospital Pensacola clinic since January 2009.

Cmdr. Schmitz, a Physical Therapy specialist credentialed in electrophysiologic testing is dual certified as both a Sports and Orthopedic specialist, came to NH Pensacola in April 2008 from NH Twentynine Palms, Calif. During his time with the Corry clinic, he de-



Cmdr. Fredrik Schmitz

ployed to Expeditionary Medical Facility-Kuwait as part of Operation Enduring Freedom.

Following Thursday's ceremony, Cmdr. Schmitz is scheduled to become head of the Medical Home Port element of NBHC Gulfport, one of 10 branch clinics that make up the NH Pensacola command across five states.



Seabee Base Blood Drive June 7

TTF building 433: 8 a.m. - 1 p.m.
Liberty Center: Noon - 5 p.m.

To schedule an appointment, visit www.redcross.org and use sponsor code SEABEES for Chapel and SEABEESLIBERTY for the Liberty Center. Presenting donors will receive a free t-shirt and be registered in monthly regional drawing for \$1,000 gift card.

Focus on Education



Naval Branch Health Clinic Gulfport congratulates Dr. Mathew Loe

Naval Branch Health Clinic wishes to congratulate Lt. Cmdr. Mathew Loe, NC, for his completion of the Doctor of Nursing Practice (DNP) Program at Texas Tech May 21. The DNP program is designed to prepare experts in specialized advanced practice, with a heavy focus on clinical practice that is innovative and evidence-based, and reflects the application of credible research findings. In addition to being conferred the title of Doctor, Lt. Cmdr. Loe also received an award for best clinical research project for his work on the content validity of a heat illness screening tool. This tool will assist clinicians in pre-exercise screening of athletes to identify those at risk for heat illness and therefore reduce injury and illness. (U.S. Navy photo courtesy of NBHC)

Tens of thousands of eBooks and Audio books available on NKO

By Patrick Foughty

CNIC Public Affairs
The Navy General Library Program (NGLP), through a near seven-year partnership with Overdrive, the largest provider of eBooks and downloadable audio books to libraries worldwide, now offers more than 50,000 titles through Navy Knowledge Online.

The Overdrive service was introduced on NKO in November 2005 when NGLP initiated its first partnership with the eBook/audio book provider and has grown exponentially ever since.

"We are constantly adding titles, more copies of titles, new content and new services, with a digital library things are very dynamic, allowing us to constantly build our collection and offer more for our Sailors and their families," said Nellie Moffitt, NGLP director.

Currently the program boasts more than 108,000 copies of eBooks and audio books, to include numerous copies of professional reading that support the Navy Professional Reading Program and even classics and popular titles, like the 'Lord of the Rings' series and 'The Hunger Games.'

Customers keep the items from seven to 30 days and may have up to 10 items checked out at any one time. In fiscal year 2011 more than 62,000 items were checked out, saving Sailors and their families \$2.6 million.

"This program is a great resource that puts books for all ages at your fingertips. I look forward to logging into NKO to download the next book onto my Kindle or iPad," said Lt. Katie Brennan, a Navy pediatric nurse practitioner at Fort Belvoir Community Hospital in northern Virginia.



There are even special services for children. Preschoolers can have an eBook read to them on their parent's tablet, laptop or PC through the Tumblebooks: eBooks for kids service.

"The services for kids are great, I plan on telling parents I see about this program because it's so easy, and it's a good way to spend time with each other and encourage reading," said Brennan.

"We've come a long way since this partnership began, just a few years ago we only had about 8,000 audio books and 400 eBooks available," added Moffitt. "I'm very happy with where we are now and I only expect this program to grow and grow."

Navy Library patrons may register for these services by Logging into NKO at <https://www.nko.navy.mil>. Click on the "Reference" heading in the upper left part of the screen. Then click on "e-Library - audio & ebooks". Once on this NKO page Sailors and their families can explore the array of e-book and audio book services.

The Navy General Library Program has existed for nearly a century and is a service of Commander, Navy Installations Command.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

Teens need to act now to take advantage of Navy Teen Summer Camp Scholarships

From NCBC Gulfport MWR

Navy Child and Youth Programs (CYP) is now accepting applications for its 2012 Navy Teen Summer Camp Scholarship Program.

CNIC will fund all expenses paid - (yes, free) summer camp opportunities for Navy teens worldwide. Funding will support airline/ground transportation, camp registration, meals, and miscellaneous camp insurances. All eligible teens are encouraged to apply

for these camps. The 180 participants of the 2011 program were overwhelmed by the places they traveled to, the friends they made, and the camps they attended.

Features camps for 2012 include WB Surf Camp, Oahu, Hawaii, July 8-20, National Outdoor Leadership School (NOLS) in Idaho Backpacking Adventure in Driggs, Idaho, July 15 - 30, High Cascades Snowboarding Camp (HCSC) in Mt. Hood, Oregon, July 16-23,

and Space Camp - Pilot Course in Huntsville, Ala., July 15 - 20. July 2012

Deadline for submitting application is June 15, selection notification will be made no later than June 22.

Details on all camps, eligibility requirements, the application and other important details may be found at: http://auth.cnic.navy.mil/navy-cni/groups/public/@cnrse/@ftworth/documents/document/cnic_a290115.pdf



Builder Constructionman Anna L. Parcher (right), from Jamestown, Pa., assigned to Naval Mobile Construction Battalion (NMCB) 11 is presented with a certificate by Cmdr. Lore Aguayo, commanding officer of NMCB 11, for "fastest time, female" in the battalion's 5k "Race for the Cure" which raised more than \$3,000 for the Susan G. Komen for the Cure organization to raise awareness and fight breast cancer. (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

Seabees 'Race for the Cure' while deployed to Afghanistan

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 participated in a "Race for the Cure" May 27, in the name of fighting breast cancer.

The battalion's First Class Petty Officers' Mess sponsored the 5k run, which generated more than \$3,000 in donations for the cause.

All proceeds went to support the education and research about causes, treatment, and the search for a cure for breast cancer.

Runners wore pink bracelets, pink ribbon decals, and pink stickers displaying various motivational words such as "love,"

"strength," and "hope" on their clothing to symbolize the fight against breast cancer.

Lt. j.g. Brian E. Myers, command chaplain, from New London, Conn., finished with the fastest overall time of 18 minutes and 18 seconds thus taking first place among males. Builder Constructionman Anna L. Parcher, from Jamestown, Pa. finished first among females with a time of 27 minutes and 45 seconds.

The race was coordinated by Legalman 1st Class Misty R. Masters, from Fond du Lac, Wis.

According to Masters, the idea to raise awareness and money to combat breast cancer was born at one of NMCB-

11's monthly Women's Wellness Council meetings.

"No one in my family has suffered from this disease," said Masters. "However, my best friend's family has had many struggles with breast cancer. . . you never know who may be affected."

Race volunteers handed out cold water and sports drinks to sweat drenched runners at various points along the race route.

Runners gathered to congratulate the winners following the race as 1st, 2nd, and 3rd place certificates were presented in both male and female categories by Cmdr. Lore Aguayo, commanding officer of NMCB 11.

Runnin' Roos raise morale with showers

By UTCN Matthew T. Kicinski
NMCB 133 Public Affairs

Naval Mobile Construction Battalion (NMCB) 133's Echo Company assembled a field shower tent during their 2012 Field Training Exercise (FTX) at Camp Shelby May 14 - 25.

The project enabled the camp to raise morale, and additionally helped the battalion's culinary specialists and food service assistants maintain a sanitary working environment.

Culinary Specialist 1st Class Kylie Hall, leading petty officer for the galley, said that in addition to the morale boost, the showers helped to maintain sanitary conditions.

"Because it was so hot out at FTX food-borne illnesses are at a higher risk to get personnel sick," said Hall.

To combat the potential for sickness, six Utilitiesmen constructed a Military General Purpose Tent System (MGPTS) for privacy; then dug and assembled a leach field behind the tent to strain the waste water.

The group then installed, stabilized, and leveled flooring and floor pallets to maximize traction

when walking within the shower tent.

Finally, they put together the 3,000 gallon onion-skin water bladder, field boiler, water pump, and hoses, so the showers would be available for any personnel who utilized the nine-headed shower system.

Once it was functional, the crew maintained the system as more than 360 personnel used 12,000 gallons of potable water during eight days of use.

Shower users agreed that the project was a success.

"The showers were great and sky-rocketed my morale," said Builder 2nd Class Christopher Dutra.

Utilitiesman 3rd Class Samuel Kellogg, a project crew leader agreed.

"The shower tent was extremely successful and boosted morale of the personnel at the Main Body site and the detachments that came in during unit level training," said Kellogg.

NMCB 133 is currently finishing a homeport training period following the conclusion of the FTX certification process and preparing for their next deployment.



Naval Mobile Construction Battalion (NMCB) 133's Echo Company assembled a field shower tent during the battalion's 2012 Field Training Exercise (FTX) at Camp Shelby May 14 - 25. Once it was functional, the crew maintained the system as more than 360 personnel used 12,000 gallons of potable water during eight days of use. (U.S. Navy photo/Released)

Watch out for pedestrians . . . Remember, they have the right of way! Unless otherwise posted, the speed limited on board NCBC is 25 m.p.h.



At the MOVIES

June 8: 21 Jump Street, R, 7 p.m.
June 9: John Carter, PG13, Noon, Journey 2: Mysterious Island, PG, 2:45 p.m.; Act of Valor, R, 5 p.m.
June 10: Journey 2: Mysterious Island, PG, 2 p.m.; Man on a Ledge, PG13, 4:30 p.m.

Upcoming Events

FATHER'S DAY ICE CREAM SOCIAL June 15, 2 p.m., at the Child Development Center. All dads who have children currently enrolled in CDC are invited to attend and celebrate Father's Day.

VOLLEYBALL CHALLENGE June 15, 12:30 p.m. Best of three matches wins! Sign up through June 14.

RACQUETBALL LEAGUE SEASON 2 Sign up June 18 - July 1. Player meeting is July 9 in the Fitness Center

conference room. Season runs July 16 - Oct. 11.



OPERATION MAGIC June 21 in the Training Hall. OPERATION MAGIC is a comedy and variety show featuring stand up comedy, magic, juggling, and mind reading. Due to the adult content children ages 13 and under will not be admitted into the show. Join us for this free show June 21 at 6:30 for a pre-show and dinner open to Active Duty only and up to three guests. Spaces are limited and sign ups are available at Information, Tickets, and Tours (ITT). The main show is at 8:30 p.m., and open to everyone. Limited childcare is available at the CDC and the YAC will have extended hours for the evening.



PLAN Your SUMMER FUN Now with ITT!

SHIP ISLAND EXCURSION tickets are \$24 for adults and \$15.25 for children ages 3 - 10 years old. Vouchers are good for the entire 2012 Ship Island Season (now through October 28), but will be void after the season is over. No refunds will be given for vouchers not used within time frame.

GULF ISLANDS WATER PARK day passes for only \$18.50! You may upgrade these day passes to season passes for \$25 + tax at the water park front gate. Call 228-871-2231 for more info!

June 6 GULFPORT DRAGWAY TRIP (Liberty Center) Free shuttle, 6 p.m., \$7 admission charged at gate

GIRLS ONLY NIGHT! SMART GIRLS CLUB AND PILLOW MAKING (YAC) 5:30 - 8:30 p.m., Free



June 7 AMERICAN RED CROSS BLOOD DRIVE (Liberty Center) Noon - 5 p.m. in the Liberty Parking Lot.

FIT FACTOR CHALLENGE AND ULTIMATE FRISBEE (YAC) 5:30 - 8:30 p.m., FREE



June 8 PRESCHOOL GRADUATION June 8 at 9:30 a.m. in the Training Hall. Cele-

brate the end of preschool and their entrance to kindergarten.

MS COAST SUMMER FAIR (Liberty Center) Free shuttle, 6 p.m., \$5 admission.

MOVIE NIGHT AND POPCORN (YAC) 6 - 9 p.m. Only \$2, limited to 50



June 9 BASE WIDE YARD SALE June 9, 8 a.m. - 1 p.m., Training Hall Parking Lot. Minimum number of six sign ups needed. Canopies are limited and available on a first come first serve basis to participants. Last day to sign up is June 6. 228-871-2231.



MS COAST SUMMER FAIR (Liberty Center) Free shuttle, 1 p.m., \$5 admission.

GULF ISLANDS WATER-PARK (YAC) 8 a.m. - 5 p.m., lunch needed, Only \$10, limit 30.

June 10 MOBILE BAY BEARS VS. HUNTSVILLE STARS

(Liberty Center) Noon.

June 11 GROUP SWIM LESSONS Register for June's session June 11 - 15, classes run June 18 - 29. Call Alex at 228-822-5103/5104.



ARCADE BASKETBALL CONTEST (Liberty Center) Highest score wins a free prize, 7 p.m.

MONDAY - FRIDAY SUMMER CAMP PROGRAM (YAC) 6 a.m. - 5:30 p.m.

June 12 MOVIE TRIVIA NIGHT (Liberty Center) Fun begins at 7 p.m., Free prize for first place.

SMART MOVES CLUB AND OUTDOOR GAMES, (YAC) 5:30 - 8:30 p.m., Free.

June 13 POOL PARTY (Liberty Center) Free, Prize for first place, 7 p.m.

WATER GAMES (YAC) 5:30 - 8:30 p.m., Please bring a towel, Free.



NCBC Helping Hands Volunteer Opportunities

CITY OF GULFPORT - Gulfport is hosting the Global World Series Baseball Parades to kick of the series play in July. Seven volunteers are needed to help stage parades July 11 and July 18 at Jones Park in Gulfport. Interested volunteers should contact Brittany Dyess for details at 228-860-4444.

FOSTER CARE PARENTS Youth Villages, a private nonprofit organization dedicated to helping

children and families live successfully, is looking for caring adults, single or married, aged 25 years old and up to become foster care parents. If you are interested, please contact Jimmy Frazier at 601-572-3717 or jimmy.frazier@youthvillages.org

COAST SALVATION ARMY NEEDS VOLUNTEERS - Volunteers are need for various projects throughout the year. The Ray and Joan Kroc Corps Com-

munity Center in Biloxi is always in need of assistance in the Athletic Department, Fitness Center, Arts and Music Department, Aquatic Center, and marketing. Many other opportunities are available with this organization. Contact Shawna Tatge at Shawna_Tatge@uss.salvation-army.org for information.

HARRISON COUNTY YOUTH COURT - HCYC is looking for volunteers to make a difference



in the life of a child. Volunteers who are bilingual in Spanish and Vietnamese are needed. You can help by becoming a Court Appointed Special Advocate (C.A.S.A.) or volunteer to become a mentor for C.H.A.N.G.E. (Cultivating Healthy Achievements in the Next Generation of Excellence). Contact Beth Casey at 228-865-7000 if you are interested in making a difference in the life of a child.

New FFSC Centralized Scheduling Center Fleet and Family Support Centers (FFSCs) in the Southeast Region now have one-call service available for selected appointments. Contact the Centralized Scheduling Center for individual, marriage and family counseling, class reservations, individual resume assistance, financial counseling, relocation assistance or deployment and mobilization support anywhere in the Southeast Region. Call 1-866-293-2776 for an appointment or details.



Seabee Memorial Chapel



Center Chaplains:

Lt. Cmdr. Paul Smith, Protestant Chaplain

Lt. Yoon Choi, Protestant Chaplain

For information concerning other faith groups, call the chapel office at 228-871-2454

Services:

Gospel Service: 8 a.m.

Sunday Catholic Mass: 9:30 a.m.

Weekday Mass: Tuesday, 11:15 a.m.

Divine Worship: Sunday, 11 a.m.

Sunday School, 9:30 a.m.



GULF COAST USO

**901 CBC 3rd St., Building 114
228-575-5224**

FREE Services:

**Fax - Send/Receive:
228-575-5225
Copies
Snacks/Drinks**

United Through Reading

**Program
Computers with web cams
Internet and Email Access
X-Box**

Office hours:

**Monday-Friday, 8 a.m. - 5 p.m.
Saturday, 11 a.m. - 7 p.m. (Closed Sunday)**

Chapel Offerings:

Women's Bible Study takes place Wednesdays from 10 to 11 a.m.

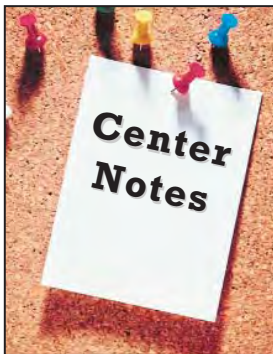
LIGHT is a Young Adult Group for members of the military. Meetings are Wednesdays at 6 p.m. at the Fellowship Hall.

Seabee Pantry - Donations are now being accepted to restock the Seabee Pantry. Everyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

Praise and Worship members needed - The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the Divine Worship Service at 11 a.m. Sundays. If you can sing or play an instrument, you are cordially invited to come share your gift.

Looking for a church? The Seabee Memorial Chapel holds services every Sunday that might just suit your needs. Protestant Services include a Gospel Service at 8 a.m., Sunday School at 9:30 a.m., and Divine Worship Service at 11 a.m. Catholic Services include Catholic Mass at 9:30 a.m. There is also a Catholic Mass Tuesdays at 11:15 a.m.

For more information, call the Chapel at 228-871-2454.



SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. For more information, please email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG."

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Jaime Royal at 317-730-4064 or send an email to nmcb133fsg@gmail.com. To receive updates, log on to the FRG site at <http://www.wix.com/NMcb133FSG/133frg>

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, please email

noscgulfport@yahoo.com. We hope to see YOU soon!

NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet & Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com for more information.

SOCIAL

Miss. Gulf Coast First Class Association

is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1 Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association

is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.wasson@navy.mil or President LS2 Earl Simpson at earl.simpson@navy.mil for information.

NCBC Multi-Cultural Diversity Committee is seeking members.

Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude at 228-871-2454 for more information.

VFW Post 3937 Long Beach is open Monday - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member of the Alumni Group go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport

are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for information.

Navy Ball Committee needs your help

- The 2012 Navy Ball Committee is looking for six volunteers to work on the committee for this year's Mississippi Gulf Coast Navy Ball. Committee members will be expected to attend monthly meetings to discuss fundraisers and ideas for the Navy Ball. Interested parties should contact AG1 Jordan at 228-871-3667.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday-Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for information.

Lynn Meadows debuts Rise and Shine Breakfast Theatre . . . Lynn Meadows Discovery

Center (LMDC) will host a continental breakfast Boogie Woogie Radio Show July 7 at 10 a.m., at LMDC. This musical comedy performance is designed for senior citizens. The \$12 fee includes a continental breakfast and admission to the show. The Boogie Woogie Radio Show takes place in wartime 1944 and includes classic music such as Boogie Woogie Bugle Boy, Chattanooga Choo Choo and more! Call Flo Williams at 228-863-4398 or email flonbob70@aol.com or Anne Aranda at 228-897-6039 for reservations.

Keesler AFB Marine Park Show and Sell Craft Show

June 16, 10 a.m. - 2 p.m.



Support military and family members as they share their handiwork and skills. Crafts, candles, photographs, tutu's, glassware, food and more!

Visit:

<https://www.facebook.com/#!/events/285662524861979/>

United States Marine Corps 237th Marine Corps Ball



When: Nov. 10, 2012

Time: 6 p.m.

Place: Hollywood Casino, Bay St. Louis, Miss.

Price: \$50 (per ticket)

Uniform: Marines - Blue Dress "B" or Blue Dress "A"

Army - Army Blue (Bow Tie)

Navy - Dinner Dress Blue Jacket or Dinner Dress Blue

Air Force - Mess Dress

Civilians - Black Tie

See I&I First Sergeant, 1st Sgt. Coston, building 114 (NOSC) or call 228-871-3104

NCBC Gate Hours

Pass Road: 24 hours, 7 days a week

Broad Avenue: 5 a.m. - 5 p.m., Monday -Friday and 9 a.m. - 5 p.m., Sat/Sun and Holidays

28th Street: 5 a.m. - 5 p.m., Monday-Friday and 5 - 7 p.m., Outbound Only

Commission Road: CLOSED

NCBC Gulfport Consumer Confidence Report 2011

From NAVFACSE PWD Gulfport Environmental Division

Is my water safe?

We are pleased to present 2011's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality.

Public Works Department (PWD) Gulfport performs water quality sampling and laboratory analysis in accordance with the Environmental Protection Agency (EPA) and the Mississippi State Department of Health (MSDH) requirements. Once again, we are proud to report that our system has not violated a maximum contaminant level or any other water quality standard.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Where does my water come from?

NCBC Gulfport receives water from the Graham Ferry aquifer. The Graham Ferry aquifer is part of the Miocene aquifer system that consists of multiple layers of

sand separated by beds of clay. A U.S. Geological Survey study of groundwater in Harrison County found that aquifers deeper than 500 feet were artesian. The groundwater from PWD Gulfport water supply is pumped from three wells that are well in excess of 700 feet.

Source water assessment and its availability

Our source water assessment was prepared by the MSDH and is available for review. If you would like to review this report, please call the PWD Environmental Division or visit our webpage: <http://cnic.navy.mil/gulfport/OperationsAndManagement/EnvironmentalSupport/index.htm>

Why are there contaminants in my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA) Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity:

microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and

metals, which can be naturally occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses; organic Chemical Contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems; and radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

How can I get involved?

The best mechanism to get involved consists of participating in Housing Residence meetings. The most current information about the meetings may be obtained by contacting the Housing Office at (228) 871-2586 or Balfour Beatty Community at (228) 863-0424.

The Consumer Confidence Report will not be mailed to customers, but is posted on the NCBC Environmental webpage. The PWD Environmental Division encourages all customers that have concerns or questions to contact us directly, (228) 871-2373 or visit our website.

Source Water Protection Tips

Protection of drinking water is everyone's responsibility. You can help protect your community's drinking water source in several

ways:

Eliminate excess use of lawn and garden fertilizers and pesticides – they contain hazardous chemicals that can reach your drinking water source.

Pick up after your pets.

If you have your own septic system, properly maintain your system to reduce leaching to water sources or consider connecting to a public water system. Dispose of chemicals properly; take used motor oil to a recycling center.

Volunteer in your community. Find a watershed or wellhead protection organization in your community and volunteer to help. If there are no active groups, consider starting one. Use EPA's Adopt Your Watershed to locate groups in your community, or visit the Watershed Information Network's How to Start a Watershed Team.

Organize a storm drain stenciling project with your local government or water supplier. Stencil a message next to the street drain reminding people "Dump No Waste - Drains to River" or "Protect Your Water." Produce and distribute a flyer for households to remind residents that storm drains dump directly into your local water body.

Monitoring and reporting of compliance data violations

A MESSAGE FROM MSDH CONCERNING RADIOLOGICAL SAMPLING:

In accordance with the Radionuclides Rule, all community public water supplies were required to sample quarterly for radionuclides beginning January 2007 – December 2007. Your public water supply completed sampling by the scheduled deadline; however, during an audit of the Mississippi State Department of health Radiological Health Laboratory, the Environmental Protection Agency (EPA) suspended analyses and reporting of radiological com-



pliance samples and results until further notice. Although this was not the result of inaction by the public water supply, MSDH was required to issue a violation. This is to notify you that as of this date, your water system has not completed the monitoring requirements. The Bureau of Public Water Supply has taken action to ensure that your water system be returned to compliance by March 31, 2013. If you have any questions, please contact Melissa Parker, deputy Director, Bureau of Public Water Supply, at (601) 576-7518.

Additional Information for Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. NCBC Gulfport is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. Although many more contaminants were tested,

only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally

occurring minerals may actually improve the taste of drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not vary

significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we have provided the definitions below the table.

<u>Contaminants</u>	<u>MCLG</u> or <u>MRDLG</u>	<u>MCL,</u> <u>TT, or</u> <u>MRDL</u>	<u>Your</u> <u>Water</u>	<u>Range</u>		<u>Sample</u> <u>Date</u>	<u>Violation</u>	<u>Typical Source</u>
				<u>Low</u>	<u>High</u>			
Disinfectants & Disinfectant By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
Chlorine (as Cl2) (ppm)	4	4	2.11	0.13	2.11	2011	No	Water additive used to control microbes
TTHMs [Total Trihalomethanes] (ppb)	NA	80	11.09	NA		2008	No	By-product of drinking water disinfection
Inorganic Contaminants								
Barium (ppm)	2	2	0.010463	0.005873	0.010463	2011	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Fluoride (ppm)	4	4	0.155	0.125	0.155	2011	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate [measured as Nitrogen] (ppm)	10	10	0.08	0.08	0.08	2011	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite [measured as Nitrogen] (ppm)	1	1	0.02	0.02	0.02	2011	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Antimony (ppb)	6	6	0.5	0.5	0.5	2011	No	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder; test addition.

June 7, 2012

Seabee Courier

Arsenic (ppb)	0	10	0.5	0.5	0.5	2011	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Beryllium (ppb)	4	4	0.5	0.5	0.5	2011	No	Discharge from metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense industries
Cadmium (ppb)	5	5	0.5	0.5	0.5	2011	No	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; runoff from waste batteries and paints
Chromium (ppb)	100	100	0.982	0.5	0.982	2011	No	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide [as Free Cn] (ppb)	200	200	15	15	15	2011	No	Discharge from plastic and fertilizer factories; Discharge from steel/metal factories
Mercury [Inorganic] (ppb)	2	2	0.5	0.5	0.5	2011	No	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills; Runoff from cropland
Selenium (ppb)	50	50	2.5	2.5	2.5	2011	No	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	0.5	2	0.5	0.5	0.5	2011	No	Discharge from electronics, glass, and Leaching from ore-processing sites; drug factories
Volatile Organic Contaminants								
Toluene (ppm)	1	1	0.5	NA		2011	No	Discharge from petroleum factories
Xylenes (ppm)	10	10	0.00055 6	NA		2011	No	Discharge from petroleum factories; Discharge from chemical factories
Benzene (ppb)	0	5	0.5	NA		2011	No	Discharge from factories; Leaching from gas storage tanks and landfills
Carbon Tetrachloride (ppb)	0	5	0.5	NA		2011	No	Discharge from chemical plants and other industrial activities
Chlorobenzene (monochlorobenzene) (ppb)	100	100	0.5	NA		2011	No	Discharge from chemical and agricultural chemical factories
o-Dichlorobenzene (ppb)	600	600	0.5	NA		2011	No	Discharge from industrial chemical factories
p-Dichlorobenzene (ppb)	75	75	0.5	NA		2011	No	Discharge from industrial chemical factories

1,2-Dichloroethane (ppb)	0	5	0.5	NA		2011	No	Discharge from industrial chemical factories
1,1-Dichloroethylene (ppb)	7	7	0.5	NA		2011	No	Discharge from industrial chemical factories
cis-1,2-Dichloroethylene (ppb)	70	70	0.5	NA		2011	No	Discharge from industrial chemical factories
trans-1,2-Dichloroethylene (ppb)	100	100	0.5	NA		2011	No	Discharge from industrial chemical factories
Dichloromethane (ppb)	0	5	0.5	NA		2011	No	Discharge from pharmaceutical and chemical factories
1,2-Dichloropropane (ppb)	0	5	0.5	NA		2011	No	Discharge from industrial chemical factories
Ethylbenzene (ppb)	700	700	0.5	NA		2011	No	Discharge from petroleum refineries
Styrene (ppb)	100	100	0.5	NA		2011	No	Discharge from rubber and plastic factories; Leaching from landfills
Tetrachloroethylene (ppb)	0	5	0.5	NA		2011	No	Discharge from factories and dry cleaners
1,2,4-Trichlorobenzene (ppb)	70	70	0.5	NA		2011	No	Discharge from textile-finishing factories
1,1,1-Trichloroethane (ppb)	200	200	0.5	NA		2011	No	Discharge from metal degreasing sites and other factories
1,1,2-Trichloroethane (ppb)	3	5	0.5	NA		2011	No	Discharge from industrial chemical factories
Trichloroethylene (ppb)	0	5	0.5	NA		2011	No	Discharge from metal degreasing sites and other factories
Vinyl Chloride (ppb)	0	2	0.5	NA		2011	No	Leaching from PVC piping; Discharge from plastics factories
<u>Contaminants</u>	<u>MCLG</u>	<u>AL</u>	<u>Your Water</u>	<u>Sample Date</u>	<u># Samples Exceeding AL</u>	<u>Exceeds AL</u>	<u>Typical Source</u>	
Inorganic Contaminants								
Copper - action level at consumer taps (ppm)	1.3	1.3	0.2	2009	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	
Lead - action level at consumer taps (ppb)	0	15	5	2009	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	

Unit Descriptions	
Term	Definition

ppm	ppm: parts per million, or milligrams per liter (mg/L)
ppb	ppb: parts per billion, or micrograms per liter (µg/L)
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required, but recommended.

Important Drinking Water Definitions

Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRDL	MRDL: Maximum residual disinfectant level. The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MNR	MNR: Monitored Not Regulated
MPL	MPL: State Assigned Maximum Permissible Level

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